

Community Aid celebrates 35 years of service

By: Gordon Lambie

Close to 50 people gathered at the Lennoxville community center on Friday afternoon to celebrate the 35th anniversary of Lennoxville and District Community Aid. Founded by the Citizens' Committee of Lennoxville in Area in 1981, the organization has worked tirelessly over the years to support the elderly of the local communities with services like meals on wheels and visits to break isolation.

"Thirty-five years ago the surrounding communities were blessed by a group of citizens who saw the need to help and improve the quality of life of the seniors in the area," said Sylvie Gilbert Fowles, Executive Director of the organization. "We are grateful to this group of people. They were real visionaries. They were really thinking ahead of their time."

Representatives from the communities of Lennoxville, Waterville, and North Hatley as well as the provincial Member of the National Assembly for the riding of St-Francois, Guy Hardy, and the representative of Marie-Claude Bibeau, MP for the riding of Compton-Stanstead were present at the celebration. They joined a gathering of volunteers, past and present board members, and people from the community in marking the importance of the role the organization continued to play in the region.

"This organization plays a vital role in supporting independent living for the local Anglophone community," Hardy said. "Lennoxville and District

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Coulters celebrated for their dedication to all things purple



PERRY BEATON

The Coulters, (Bruce and Joyce) Tim Belford at the podium, and Bishop's grad and former Montreal Allouette player and club president Larry Smith

By Rachel Newcombe
Special to The Record

It is very difficult to think about Bishop's University without thinking of Bruce and Joyce Coulter. Not only did the Coulters contribute vastly to the athletics program during Bruce's time as a football coach, but they also helped shape the quintessential Bishop's experience. This past Saturday, during the university's homecoming events, they were honoured for the exceptional dedication they have given to Bishop's and the surrounding community over the years.

The event encompassed an all day barbeque on the new TD Terrace over-

looking the Coulter field. Attendees were given the opportunity to hear from speakers about the Coulters, and watch the homecoming football game between Saint Mary's University and the beloved Bishop's Gaiters. The event was an ideal place to launch The Coulter Family Fund.

The Coulter Family Fund will provide funding for Gaiter's football. Areas of the program such as coaching, bursaries, travel and equipment that need money will be addressed by the advisory committee, which will feature the director of athletics, head coach, the alumni director, and a member of the Coulter family, currently John Coulter '88. Donations from alumni and

friends, and solicitations from former Gaiters will be the basis for the continuation of the fund. The fund was established as a tribute to Bruce and Joyce.

Coulter came to Bishop's in the 1960's, after a ten-season stint as a player on the Montreal Alouettes, which included a Grey Cup win in 1949. He turned his hand to coaching, but was not forgotten as an exceptional player. In 1997 he was nominated into the Canadian Football Hall of Fame. Yet when you ask his former players, what they remember most is his compassion and drive to see them all succeed.

The alumni that flocked to the

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HIGH OF 16
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RAIN

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HIGH OF 20
LOW OF 9



FRIDAY:
60% CHANCE
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ETRC ARCHIVES

A tour around Clarenceville

The beginnings of Clarenceville can be traced back to the late 1700s, about the time of the U.S.'s War of Independence, when those loyal to the British crown sought refuge in Canada. Among the early settlers were the Salls, Dericks, Beerworts, Vaughans, and Hawleys, who came to an area that was initially, called Christie's Manor. It officially became Clarenceville in 1845, based on the name of the post office there, which was named for King William IV, who was initially the Duke of Clarence.

Renamed in 1989 after the parish, the municipality is now known as St-Georges-de-Clarenceville. The town is located just north of the Canada/US border, in between Missisquoi Bay and the Richelieu River. In the 19th and early 20th centuries, Clarenceville served as an important supply centre for the surrounding agricultural communities as well as a customs post. At the turn of the 20th century, it included four churches, a hotel, two cheese facto-

ries, a mill, a school, a convent and six stores.

A drive through Clarenceville today will find only pieces of the past visible in its present landscapes, small testaments to the thriving village centre that once was. Among the ETRC's collection are a number of postcards from 1905 to 1915 with views from the Clarenceville of a century ago. They are fantastic windows

onto a past long gone and offer so many views of the town that it's almost possible to imagine yourself in Clarenceville 100 years ago, strolling down the dirt streets lined with trees, past all the shops and waving to familiar faces.

Jody Robinson
etrc2@ubishops.ca
819-822-9600, ext. 2261



St. George's Anglican Church on the left and Clarenceville Methodist Church on the right, 1909



Saint-George Catholic Church, convent and presbytery, 1909.



View of Main Street and the Clarenceville town centre, ca. 1906.

Coulters

CONT'D FROM PAGE 1

campus this past weekend had nothing but positive things to say about Coulter and his tenure as the Bishop's football coach. From 1962 to 1990, many students were influenced by the work he did, and continue to be impacted by the difference he made in the athletics department.

A few former football players reminisced about Coulter, and how he was so much more than just a coach for them. "I think Bruce was the kind of guy who balanced being a coach and being a friend," one alumnus said. "He was more than just football," added another former player.

Trevor Lovig, president of the Bishop's University Alumni Association, was coached by Coulter during his time on

the Gaiters football team. He remembered frequently speaking with Coulter about past players, and the legacy of Bishop's university. "He made the history of Bishop's alive," Lovig explained, adding that Coulter seemed to know everything about the school.

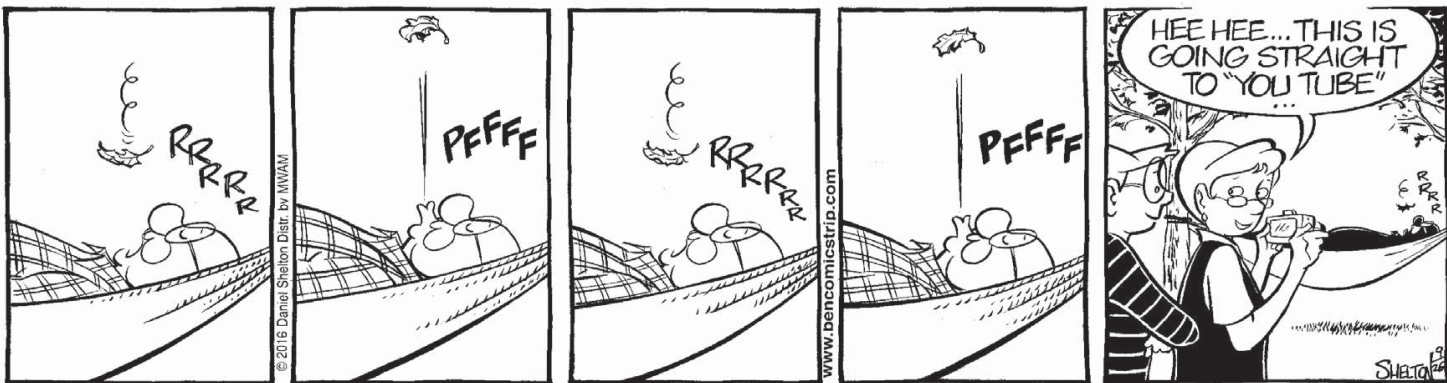
Off the field, Lovig said that sometimes the Coulters would have the quarterbacks over for dinner, something he remembered fondly. He said Joyce did not hesitate to invite the teenagers into her home. "They're fantastic, caring people," he stated simply.

This is a sentiment that is echoed across the graduating classes, and the people involved with the school. Director of Alumni Relations and Development, Matt McBrine, referred to the Coulters as essentially parents to hundreds of students. "There's this family at-

mosphere at Bishop's, and I think he and Joyce started that," McBrine said.

Even after Coulter's retirement from coaching, he and Joyce continued to call Lennoxville home and be upstanding citizens and mentors for a countless number of student athletes. Bishop's University principal Michael Goldbloom is very aware of the many amazing things the Coulters have done for the purple community. "Bishop's doesn't have royalty, but if it did, it would be Bruce and Joyce," he said. He explained that both Bruce and Joyce were a big part of shaping the Bishop's experience, and that they continue to embody the best of what Bishop's aspires to be. "We would like to be like them," he said, a touching sentiment that so accurately describes a family that is so important to the community.

Ben by Daniel Shelton



LOCAL NEWS

Assistant director Clea Corman and director Katie Lowry, said the program was off to a good start this year, adding that their new location is an opportunity to personalize the space,...

Lennoxville loves giant pumpkins

By Gordon Lambie

The annual giant pumpkin & Harvest Festival took place in Lennoxville on Sunday, bringing together fans of abnormally large produce and family fun. Held as usual at the community center and fire hall in Lennoxville, the festival was a slow starter but drew a crowd in the afternoon.

A dozen Pumpkins were entered in the competition this year coming from as nearby as Lennoxville itself and as far away as Dorval. The heaviest, grown by

Mike MacDonald of North Hatley, tipped the scales at 1,335 pounds.

Between 11am and 4pm the area around the community centre was alive with activity. Families could be seen taking advantage of free face painting and wagon rides, while others browsed the wares at a small craft sale inside the fire hall. The Harvest Festival also wouldn't be the same without servings of pie from the Lennoxville Volunteer Firefighters Association: a tradition that proved just as popular as in years past.



GORDON LAMBIE

The Pumpkins of the pumpkin festival and their admirers

Community Aid

CONT'D FROM PAGE 1

Community Aid has given reality to the ideas and values of sharing and community belonging over the last 35 years."

In speaking of the value of Community Aid's work in the region, Hardy

made a contribution of \$1,000 to the organization's work from his discretionary budget.

In celebration of the milestone anniversary, the organization also unveiled a new logo for the first time in more than 2 decades.



GORDON LAMBIE

Margaret Owens, one of the founding members of Lennoxville and District Community Aid cutting a cake emblazoned with the organization's new logo alongside current President Janice Begbie and MNA Guy Hardy

Phelps Helps open house



MATTHEW MCCULLY

Stanstead after school tutoring program Phelps Helps held an open house on Thursday, Sept. 22 to invite the community to visit their new location at the corner of Dufferin and Notre Dame, and to learn what the program has to offer for elementary and secondary students in the area.

Assistant director Clea Corman and director Katie Lowry, said the program was off to a good start this year, adding that their new location is an opportunity to personalize the space, with plenty of room to grow. Corman pointed out that there is a kitchen in the back, ideal for preparing snacks.

The space was donated to the Phelps Helps program for a five-year term by well-known community philanthropists Gabriel Safdie and Eva Juul.

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Access to local businesses for persons with disabilities: a simple solution in Mansonville



THE SCOOP
MABLE HASTINGS

In the framework of the plan being put into place in Mansonville by the “Coeur Villageois-Heart of the Village,” a committee that strives to promote tourism and culture for all and the Municipality of Potton as well as the Misisquoi North Volunteer Centre, a working meeting was held recently to evaluate the needs of persons with disabilities in regards to their accessibility to local businesses and the possibility of eliminating obstacles to assure access whenever possible for all.

Beyond the maintenance and improvements to the sidewalks, it was determined that access to certain businesses is compromised simply by the fact that some doorways have too high a threshold. For example, the Village Euro-Deli owned by John Mierzwinski, even though it has a ramp leading to its door, it has a threshold to enter of three inches and this constitutes a problem and obstacle for some. A simple solu-

tion; install a threshold ramp made of rubber superimposed on the threshold to create a small slope.

This solution was the brainchild of K  roul, which according to its website is key consultant for Tourism Quebec regarding accessibility, a non-profit organization which, through information and lobbying, promotes and develops accessible tourism and culture <http://www.keroul.qc.ca/> K  roul profits from the expertise of Technoflex International, a manufacturing company that produces recycled rubber products and these rugs are distributed in most hardware stores. Easy said, easy done, the first prototype of the rubber ramp was installed giving access for all to this local business.

The results attained by Mansonville comes at a great time as the “International Day of Tourism” is celebrated each year on the 27 of September under the guise of the World Tourism Organization <http://www2.unwto.org/>, promoting tourism and culture for all. Mansonville, in the township of Potton, was a leading town with its Mayor, Louis Veillon as a signatory in the declaration, “One world for all,” a term that was adopted at the world summit held in Montreal in 2014 under the efforts of K  roul.

The simple solution in regards to entrances to some businesses, mentioned above is the answer to a problem that frequents the access to many businesses and community buildings. This was the



COURTESY

Bolton-East Mayor, Joan Westland-Eby next to the same type of rubber ramp which provides easy access for all to the Saint Patrick Anglican Church in East Bolton.

case in Bolton-East where a rubber threshold rug was added to complete the access ramp into Saint-Patrick’s Anglican Church, adjacent to East Bolton’s Town Hall.

The development of resources like “Coeurs villageois” or “Heart of the Village,” is a project of Eastern Townships Tourism, which strives to make villages



COURTESY

Roger Marcoux and John Mierzwinski "A mini ramp constructed of recycled rubber facilitates access to the Euro-Deli in the Village of Mansonville for Roger Marcoux who can now frequent the business owned by John Mierzwinski"

welcoming, beautiful and authentic, attracting tourists and developing tourist services in the region. The project clearly contributes to the improvements in the quality of life for all citizens and embraces a welcoming message for everyone.

25th anniversary of the Lennoxville Art Group



MATTHEW MCCULLY

A vernissage was held at Uplands Cultural and Heritage Centre on Sunday afternoon, celebrating the 25th anniversary of the Lennoxville Art Group (LAG). Over 50 members of the public attended the vernissage, which featured the work of 24 local LAG artists.

Jean Stefano, seen here, is one of the four remaining charter members of the LAG. Her painting, seen on the right, is featured over the mantle in the Uplands gallery, accompanied by the work of Dorothy Ross, Leta Dustin, and Glenys Groves, the other original group members.

"Most of us retired from other work and then took up painting," Stefano said, adding that they likely did a bit of painting along the way, demonstrating an interest.

The retrospective show will remain at Uplands until the end of October, Stefano said.

St. Pats Old Boys Association



MATTHEW MCCULLY

It was a historic moment for the St. Pats Old Boys Association (SPOBA), who voted unanimously in favour of the devolution of their camp and all assets to the Quebec Society for Disabled Children (SEHQ).

SPOBA secretary treasurer Dave Tuargeon, SEHQ executive director Jean Duchesnea and SPOBA president Larry Pye officially signed the papers on Saturday afternoon.

Read Tuesday's Record for the full story about how the camp and the SPOBA, now dissolved, will move forward.

EDITORIAL

She was fine financially, partly because of the generous severance, partly because she had no family to support, but mostly because of foresight: "I knew it could happen; knew I was lucky in 2011."

Defeated MPs have hard time finding a job



PETER BLACK

(This is the first of a two-part report).

The first anniversary of the 2015 federal election is around the corner. It's not an exaggeration to say never in the history of the universe has such a surprise been sprung on the sage political punditry of a country. Trudeau was Truman, everybody else Dewey.

Surely more gobsmacked than anyone were the chief victims of the Trudeau Tide - the crushed Orange of Quebec. Forty-three NDP MPs fell on Liberal Hill that day, every single one of them a socialist soldier in the cause of le bon Jack.

Politics is a bruising business, and on election eve those 43 Quebec MPs lost from the late Jack Layton's fold of 59 found themselves turfed from the corridors of power onto the unemployment line.

But life must go on, and one still needs to make a living, though the House of Commons does provide a severance of six-month's pay for departing MPs to ease the transition to civvy street. That amounts to about \$84,000.

A look at a random sampling of two NDP MPs, both of whom lost to Liberals who became cabinet ministers, reveals the road back from Ottawa can be a rocky one.

In 2011, 32-year-old Annick Papillon handily beat Christiane Gagnon, a low-profile Bloc Quebecois MP who had held the downtown Quebec riding in the provincial capital since the Bloc wave in 1993.

"We knew by the end of September we had a huge problem," she said in an interview. "The last weekend before (the election) people were nice with me, very

polite, but nothing more." She lost by exactly 1,000 votes to Liberal star candidate Jean-Yves Duclos. "I was a strong MP, but you can do nothing in front of a huge wave - and I know that; I was elected as part of a wave."

Papillon says it took her about a month to "start realizing what's going on." Feeling "really tired (after) all those years without weekends," she decided to pick up where she left off back in 2008 and finished her MA in journalism at Laval University. While she was working on her degree she started looking for a job.

"It's hard. It's not true the phone is ringing." She says "people are maybe afraid to hire an MP because of the (partisan) colours of a party."

She was fine financially, partly because of the generous severance, partly because she had no family to support, but mostly because of foresight: "I knew it could happen; knew I was lucky in 2011."

It wasn't until a few weeks ago that she finally got an offer and she's now at work with an economic development agency in the Quebec City region.

Papillon says she has no regrets about her hectic four and a half years in politics, but "I would say politics is behind me," at least for now. "Maybe I'll go back - but it could take 20 years."

Oddly enough, a defeated NDP MP who is very much more down on his luck compared to Papillon, is more or less raring to go back into politics - but not with the NDP. Jean Rousseau calls himself "more of an activist than a politician." But, as a politician, he unseated Compton-Stanstead Bloc stalwart France Bonsant in 2011, by nearly 11,000 votes. It was Rousseau's third bid for the riding with the NDP.

When the tide went Grit red last October and Rousseau lost to Marie-Claude Bibeau, he already knew he was going to bolt the NDP, but what he didn't know is how hard it would be to find a job.

"I'm almost broke - I lost everything I worked for for the past 15 years," says Rousseau, 55. After searching in earnest since January, he has yet to find a full-time job. He says he applied all over Quebec for about 150 positions, but only got



five call-backs.

Rousseau says he's up against several obstacles trying to find work. "It's the side effects of being an MP - you're out of the market, people say I'm overqualified ... it won't be as exciting as working in Ottawa. (Potential employers think) you won't be challenged." And, of course, there's that political colours thing.

Rousseau says his big mistake was buying a house two years before the election, when he should have put money aside in the event of defeat in the next election. He and his wife, who works as support staff at the University of Sher-

brooke, have five children collectively, three adults and two young daughters.

The silver lining in all this post-election gloom, says Rousseau, is spending time with his family, time he did not have as an MP. Still, the experience has left him with "a very, very bad taste. But I'm not the only one - not just NDP, but Conservatives too" are still looking for work.

In the meantime, Rousseau, whose first career was a rock musician, is writing a "green rock opera," while he continues to look for a job and prepares to run for the Greens in 2019.

Photo of the day



THE CANADIAN PRESS/JONATHAN HAYWARD

Prime Minister Justin Trudeau, centre, kneels to talk to Prince George as his father The Duke of Cambridge speaks with Governor General David Johnston, right, and The Duchess of Cambridge holds their daughter Princess Charlotte upon arrival in Victoria, B.C., on Saturday, September 24, 2016

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WEBSITE: www.sherbrookerecord.com

SHARON MCCULLY PUBLISHER (819) 569-9511
STEPHEN BLAKE CORRESP. EDITOR (819) 569-6345
SERGE GAGNON CHIEF PRESSMAN (819) 569-9931

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Local Sports

"It was a great game, I thought it was University sport at its best," said Principal Michael Goldbloom.

Bishop's defeats St. Mary's 30-29 in comeback homecoming victory

By: Dylan Konecny

The Gaiters fell behind early in the homecoming game at Coulter Field. Earlier in the year this might've meant a loss for the team. Not this time though, down 20-7 at halftime the Gaiters surged back to the delight of the hometown crowd, to beat the Huskies 30-29 on Coulter Field. On a day where the program's alumni were being honoured with a tribute to legendary coach and former athletic director Bruce Coulter, the Gaiters capped off the homecoming weekend with a victory for the ages.

"It was a great game, I thought it was University sport at its best," said Principal Michael Goldbloom.

"It was very impressive to watch. You couldn't write a better script with so many of our Bishop's alumni back. There were so many great football players in the history of the program here to watch this game; Bruce Coulter, Larry Smith, Ron Perron and Jamal Lee. The team really stepped up" Goldbloom cheerfully remarked.

The Gaiters could have been considered underdogs coming into the RSEQ-AUS cross over matchup. Winless in 2016 after three games. The Gaiters had a number of injuries at key positions throughout the lineup. The most hampered position group by far was the teams offensive line who were starting a brand new center for the third time this season. As the game went on and the Gaiters got more comfortable, the team started chipping away at the scoreboard eventually erasing a two score deficit, taking the lead and victory in the games final minute, on a play call appropriately named "Touchdown".

"I haven't played in a football game like that in quite a while. We knew we could win that game we just told ourselves at halftime we needed to make some plays and the rest would take care of itself" said rookie quarterback Jaiden Marwick.

The key moment in the game was

Bishop's final touchdown drive to take the lead over the Huskies. Marwick was able to find his receiver for the game winning score and give the Gaiters the lead with 31 seconds remaining in the game. "We had a little slant over the middle, there was no safety, so I knew I had it pre-snap and Zach (Graveson) made a great catch."

The winning quarterback, Marwick passed for 319-yards and two touchdowns. His coach was highly impressed after the game with the young passer's performance.

"Jaiden showed his great athletic ability, today was just the beginning of showing what he actually can do, he's taken a month now to learn this offence and everyday he's getting better," said offensive coordinator Brent Bailey.

When it came to the team's depth and the performance coming from players not usually relied upon, the offensive coordinator praised his offensive line coach for preparing his players.

"It's no secret that we've had injuries at the offensive line. It's a huge credit to Kyle Handy, to put together five guys that battled and did a great job, it was an excellent job by him"

Defensive captain Shayne Cowan-Chollette was quick to point out how well his defensive line played saying it was the result of a good week of practice and preparation.

"Our D-Line really performed today, they've been working hard all week trying to understand St. Mary's offence and it paid off with the win," said the fifth year linebacker.

The top performer of the game for the purple and silver was rookie defensive end Mickael Badra. Badra had five sacks in the game an RSEQ single-game record, leading the defensive effort that kept the Gaiters in the game despite falling behind early.

The Head coach echoed the captain's sentiment praising the rookie defensive ends toughness.

"Mickael played through a shoulder injury and had a lights out game," said



PERRY BEATON

head coach Kevin Mackey.

After the victory head Mackey commented on the team's perseverance stemming from their hard work over the previous week.

"It feels great to win this one. Our guys stayed together and persevered," said Mackey. "Now to have it pay dividends is really nice. This win is for Bruce,

this game was in his honour and on his field. "It just proves when you work your tail off, good things will happen."

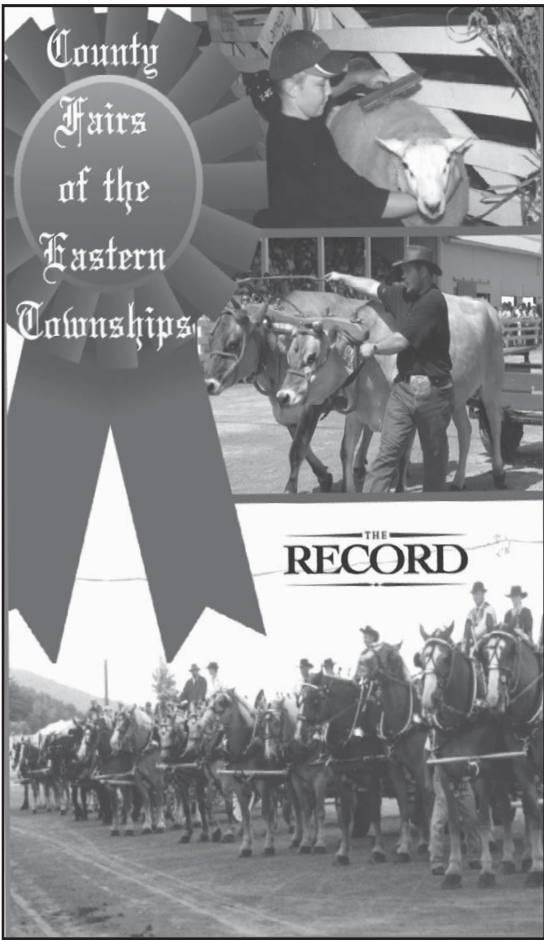
Next the Gaiters will take on the Concordia Stingers, who beat the St. Francis Xavier X-Men by a score of 17-11 this week.

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ETIAC Soccer schedule Sept. 26 to Oct. 2

Bantam Girls

Mon Sept.26 Salesien at Stanstead 4:15
Tues., Sept.27 Stanstead at RRHS 4:30
Thurs., Sept.29 Galt at RRHS 4:30

Bantam Boys

Mon. Sept 26 Salesien at Stanstead 4:00
Tues., Sept 27 MVR @ Salesien 4:15
Tues., Sept 27 BCS @ Galt 4:15
Wed., Sept 28 Galt @ Salesien 4:15
Wed., Sept 28 Stanstead @ RRHS 4:30
Saturday, Oct 1 Stanstead @ BCS 10:00

Junior Girls

Tues., Sept.27 SC at RRHS 4:30
Tues., Sept.27 BCS at MVR 4:15
Thurs., Sept.29 Galt at RRHS 4:30
Fri., Sept.30 Galt at MVR 4:15
Sat., Oct.1 Stanstead at BCS 11:30

Junior Boys

Mon., Sept 26 Salesien @ SC 4:00
Tues., Sept 27 Galt @ SC 4:15
Wed., Sept 28 SC @ RRHS 4:30
Thurs., Sept 29 Galt @ Salesien 4:15
Fri., Sept 30 BCS @ Salesien 4:15

Senior Girls

Tues., Sept.27 Stanstead at Galt 4:15
Tues., Sept.27 BCS at MVR 2:30
Wed Sept.28 Stanstead at MVR2:30
Wed., Sept.28 Galt at BCS 4:15
Fri., Sept.30 Galt at MVR 2:30
Sat., Oct.1 Stanstead at BCS 1:00

Senior Boys

Tues., Sept 27 Galt @ SC 4:15
Tues., Sept 27 BCS @ MVR 4:15
Wed., Sept 28 SC @ BCS 4:00
Fri., Sept 30 Galt @ MVR 2:30

Datebook

MONDAY, SEPTEMBER 26, 2016

Today is the 270th day of 2016 and the fifth day of autumn.

TODAY'S HISTORY: In 1789, Thomas Jefferson was named the first U.S. secretary of state, and John Jay was named the first chief justice of the United States.

In 1960, Vice President Richard Nixon and Democratic Senator John F. Kennedy of Massachusetts met in the first televised presidential debate.

In 1990, the Motion Picture Association of America introduced the NC-17 rating, which was intended to replace the stigmatized X rating for films intended for viewers aged 17 and older.

TODAY'S BIRTHDAYS: Johnny Appleseed (1774-1845), environmentalist; Ivan Pavlov (1849-1936), physiologist; Winsor McCay (1867-1934), animator/cartoonist; T.S. Eliot (1888-1965), writer; George Gershwin (1898-1937), composer; Jack LaLanne (1914-2011), fitness expert; Marty Robbins (1925-1982), singer-songwriter; Olivia Newton-John (1948-), actress/singer; Linda Hamilton (1956-), actress; Jim Caviezel (1968-), actor; Serena Williams (1981-), tennis player.

TODAY'S FACT: "Abbey Road," the last album for which all four members of The Beatles participated in the recording sessions, was released on this day in 1969.

TODAY'S SPORTS: In 1983, the Royal Perth Yacht Club's Australia II won the America's Cup, becoming the first non-American winner in the cup's 132-year history.

TODAY'S QUOTE: "The very existence of libraries affords the best evidence that we may yet have hope for the future of man." — T.S. Eliot

TODAY'S NUMBER: 2 — X-rated films ever nominated for the best picture Academy Award. "Midnight Cowboy" is the only X-rated film ever to win the Oscar.

TODAY'S MOON: Between last quarter moon (Sept. 23) and new moon (Sept. 30).

Good pair of glasses will correct most cases of astigmatism



ASK DOCTOR K
By Anthony L. Komaroff, M.D.

DEAR DOCTOR K: At my last visit, my eye doctor told me I have astigmatism. He told me what that means, but I still don't really understand what it is. Please explain it to me.

DEAR READER: Astigmatism means that the eye's cornea has an irregular shape, which causes vision problems. Astigmatism is very common; I am among

the several billion people who have it. Fortunately, it's easy to correct.

Let's start with a little eye anatomy. The cornea is the clear, dome-like window at the front of the eye. Rays of light pass through the cornea and then through the lens, which focuses images onto the retina. The retina captures the images and sends them to the brain via the optic nerve.

The cornea is normally round. In people with astigmatism, the cornea may be shaped like a football or oval. This causes light to scatter instead of focus on a single point as it passes through the cornea.

Blurred vision is the most common symptom of astigmatism. Some people describe it as double vision but in only one eye. You may develop eyestrain, squinting and headaches from working to focus on near or distant objects.

Many people have some degree of astigmatism; in fact, it is rare to find a perfectly formed eye. Though people are born with astigmatism, it is often not noticed until a child attends school or learns to read. Astigmatism tends to remain stable, but it may slowly worsen over time. An eye doctor can diagnose astigmatism using a standard eye examination.

Glasses are a good, reliable choice for correcting astigmatism. Patients who prefer contact lenses may be limited to hard contact lenses. Soft lenses are sometimes an option, but they aren't as effective for severe astigmatism.

Another option is corrective surgery. The most common type used to correct astigmatism is LASIK (laser-assisted in situ keratomileusis).

In LASIK, the doctor makes a small incision on the surface of the eye to create a small flap of tissue, which is lifted up. Then the doctor uses a cool laser beam to correct the irregular shape of the cornea. Recovery is usually quick and painless.

When LASIK surgery was introduced, I took a wait-and-see attitude. The surgery clearly produced short-term improvement in vision, with minimal risks. But I was concerned about the possibility that over the longer term the surgery would become less effective, or there would be adverse effects. Today, after nearly 30 years of its use, I'm much more confident in recommending this procedure to my patients.

It's the unusual person, though, who needs surgery to correct astigmatism. Glasses have always worked for me, as did contact lenses.

I think eyeglasses are one of the most important medical discoveries — right up there with antibiotics, X-rays and vaccines. So many children and young adults begin to lose clear vision due to myopia, astigmatism and other common eye problems. Without eyeglasses, society would be much less happy and productive.

(This column originally ran in September 2014).
Dr. Komaroff is a physician and professor at Harvard Medical School.

Card Party at St. John's Church, Waterville

A card party was held at St. John's Church Hall on Friday, September 16, 2016, with proceeds for St. John's Church.

Before the card games began, everyone enjoyed a delicious chicken pie lunch. Thanks Ruth and Pat!

Highest score: Sue Nichols, 8280; Second: Ruth Charleau, 6640; Third: Glenda Huff, 5580. Consolation: a tie for George Peasley and Pat Howe. Nine no trump prize: Pat Howe and Sue Nichols. Winners of the table centerpieces were Mead Baldwin, Tami Spires, Louise Peasley and Rita Nugent.

Door prizes were claimed by Louise Peasley, Marion Cox, Judy Lane, Rita Nugent, Tami Spires, Arthur Cheal, Margaret Cheal, Mead Baldwin, Greta Nish, Alan Bullock, Pat Howe, Glenda Huff and George Peasley.

Thanks to all who helped in any way. Next card party will be September 30 at 1:30 p.m.

*Submitted by
Sue Nichols*

DO JUST ONE THING



The items you use every day — like remote controls and your computer keyboard and mouse — should be cleaned and disinfected on a regular basis. But when it comes to electronic items, you can't exactly toss them into the dishwasher to get them sparkling clean. Instead, use a barely damp microfiber towel. The thousands of tightly knit fibers in microfiber towels grip onto dirt, grime and bacteria using just water. When the towel is barely damp, you're protecting the electronic components from getting damaged.

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Your Birthday

MONDAY, SEPTEMBER 26, 2016

A healthy sense of give and take will lead you to valuable information, favors and commitments that will help you reach your goals. A practical approach to domestic situations will help you avoid discord. Observation will give you a better sense of what you can do as the year unfolds.

LIBRA (Sept. 23-Oct. 23) — Refuse to get caught up in something that you cannot afford or whose benefits are only temporary. Practical plans will have lasting results. Listen to good advice.

SCORPIO (Oct. 24-Nov. 22) — Changes made at home or in the workplace will pay off. It's OK to be different, as long as the results are good.

SAGITTARIUS (Nov. 23-Dec. 21) — Wheel and deal, negotiate contracts and bring about change that will improve your standard of living. Seek out high-profile people with whom to associate.

CAPRICORN (Dec. 22-Jan. 19) — You'll have to make tough choices. Practical suggestions and intelligent conversation will encourage others to respond favorably. Don't let your ego stop you from making the right decision.

AQUARIUS (Jan. 20-Feb. 19) — An unexpected opportunity is heading your way. A new position, bonus or money-making endeavor looks promising. Sharing your ideas with someone will lead to a prosperous partnership.

PISCES (Feb. 20-March 20) — Mix and mingle with people who share your

views. The information you pick up will help you expand a plan that could boost your assets or your income.

ARIES (March 21-April 19) — Push for what you want. Take on a challenge, and set your standards high. You'll impress onlookers and gain recognition for your skillful maneuvers. Networking will pay off.

TAURUS (April 20-May 20) — Listen and learn. Don't let your emotions take control, or you will miss important information required to make a life-altering personal decision. An unusual romantic encounter will tempt you.

GEMINI (May 21-June 20) — Look at the big picture, but don't feel the need to take on too much at one time. Preparation and a well-planned strategy will be your best bets.

CANCER (June 21-July 22) — Don't let the changes going on around you disrupt your plans. Use your imagination and share your ideas in order to make a good impression. Positive physical improvement and romance are highlighted.

LEO (July 23-Aug. 22) — Discipline and the willingness to take on more responsibilities will help you prove that you are worthy of greater recognition. Aim for a career move that will raise your income.

VIRGO (Aug. 23-Sept. 22) — Don't let anyone put a damper on your day. Believe in your ability to get things done right. Personal gains will be yours if you stick to your plans.

MONDAY, SEPTEMBER 26, 2016

Do not go slowly if speed is needed

by Phillip Alder

Rupert Murdoch, media tycoon and quadrimarried(!) person, said, "The world is changing very fast. Big will not beat small anymore. It will be the fast beating the slow."

Surely big will still have the edge over small most of the time. At the bridge table, though, slow and thoughtful will usually defeat fast and careless — but not always.

How does that apply to this deal? South is in three no-trump. West leads the heart jack: three, two, king. What happens after that?

North followed a textbook transfer sequence, showing exactly five spades and game values.

South, after taking the first trick, unblocks (cashes) his spade honors and continues with a low club. A defender who believes implicitly in second hand low will hasten to contribute his club three, and declarer will claim nine tricks: five spades, three hearts and that club.

When East played the heart two at trick one, he denied an honor in the suit. (With honor-doubleton, East would have tabled that high card to tell partner what was happening and, potentially, to unblock the suit.) So, West should immediately credit South with three heart tricks. After seeing the

North09-26-16

♠ Q J 10 6 4

♥ 6 3

♦ Q 5 2

♣ K Q 7

West

♠ 9 5 2

♥ J 10 9 8 7

♦ A 8

♣ A 6 3

East

♠ 8 7 3

♥ 5 4 2

♦ K J 10 3

♣ 9 4 2

South

♠ A K

♥ A K Q

♦ 9 7 6 4

♣ J 10 8 5

Dealer: South

Vulnerable: Both

SouthWestNorthEast

1NTPass2♥Pass

2♠Pass3NTAll Pass

Opening lead: ♥ J

spade ace and king, West can give declarer five spade winners. If South also takes a club trick, he is home.

With nary a nanosecond to spare, West must win the fourth trick, cash his diamond ace (being blind to East's three; he couldn't afford to signal higher), and continue the suit. In this way, the defenders quickly take one club and four diamonds to defeat the contract.

CROSSWORD

- Across
- 1 First assassin to attack Caesar

6 Marvel Comics mutants

10 Folk singer Joan

14 Arctic or Indian

15 Bit of trickery

16 In the style of, in ristorantes

17 End that "I face," in Sinatra's "My Way"

20 Feudal laborer

21 Popeye's Olive

22 Given to giving orders

23 Grounded Aussie birds

25 Twirl or whirl

27 Gentlemen's partners

30 It has 32 pieces and a 64-square board

34 Surrounded by

35 __ accompli

36 Often rolled-over investment

37 Prepare to fly
- 41 Kind

42 Self-images

43 Gold bar

44 Vital phase

47 Decadent, as the snobs in a historic Agnew speech

48 Blessed

49 Get-out-of-jail money

50 Drinks with floating ice cream

53 Windy City summer hrs.

54 Jersey or Guernsey

58 Broadway do-or-die philosophy, and a hint to the ends of 17-, 30-, 37- and 44-
- Across
- 62 Informal negative

63 "No __!": "Easy!"

64 Brief

65 Activist Parks

66 Words meaning the same thing: Abbr.

67 Furry swimmer

- 27 Eye surgery acronym
- 28 More than enough
- 29 Foolish, in slang
- 30 Easily tipped boat
- 31 Burn slightly
- 32 Rye grass disease
- 33 Try, as food
- 35 Swimming in pea soup?
- 38 Hand out cards
- 39 Coffeehouse connection
- 40 Like airplane services
- 45 California peak
- 46 British balderdash
- 47 Food, in diner signs
- 49 Buffalo Wild Wings nickname based on its initials
- 50 Marquee name
- 51 Cincinnati's state
- 52 Family rooms
- 53 "Let's get goin'!"
- 55 Chimney sweep's sweepings
- 56 Passed-down knowledge
- 57 __'acte: intermission
- 59 Covert or black doings
- 60 Droll
- 61 Chinese menu general

R	U	S	T	Y		L	A	P	I	S		F	A	D
I	N	T	R	O		O	M	A	N	I		O	R	A
B	A	Y	O	U		W	O	R	K	F	O	R	C	E
A	D	S		E	T	A					S	O	I	D
T	I	C	T	A	C	T	O	M	E				G	I
S	K	I	E	R				N	E	S	T		N	A
S	S	N			E	M	M	E				M	W	A
P	I	C												
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C	A	S	S	I	U	S	C	L	A	I	M			
I	T	H	I	N	K	N	O	T				F	A	N
E	R	O												
R	A	W												

- Down
- 1 Emergency shelter beds

2 Throb

3 Fortuneteller

4 The jolt in joe?

5 "Give me __!": start of a Hoosier cheer

6 Diagnostic tests

7 Ponder (over)

8 Top-left PC key

9 Modern, in Munich

10 Twirled sticks

11 "That's a shame"

12 Yale alumni

13 Madcap

18 We, to Henri

19 Grand slam homer quartet, briefly

24 Prefix with hit or store

25 Backs up in fear

26 Cats and dogs

1	2	3	4	5		6	7	8	9		10	11	12	13
14						15					16			
17						18					19			
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58								59	60			61		
62								63				64		
65								66				67		

CELEBRITY CIPHER

by Luis Campos

Celebrity Cipher cryptograms are created from quotations by famous people, past and present. Each letter in the cipher stands for another.

“CFW XWHIZM JZTWM SZM'C GBHR
LZZCNHBB KI NWWHAIW 11 ZL CFWT
JZABS MWUWX JWHX CFW IHTW
ZACLK C KM GANBKV.” — GFRBBKI
SKBBWX

Previous Solution: “I challenge myself everywhere ... Hey, isn't that the point of it all? To keep getting better?” — Hal Linden
TODAY'S CLUE: A signbe U

REALITY CHECK



HERMAN



“I know you’re a veterinarian. Regular doctors won’t touch him!”

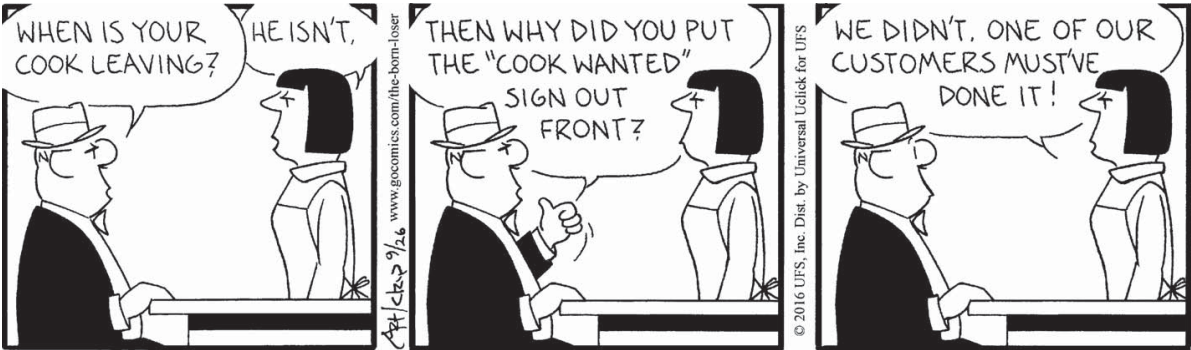
ALLEY OOP



ARLO & JANIS



THE BORN LOSER



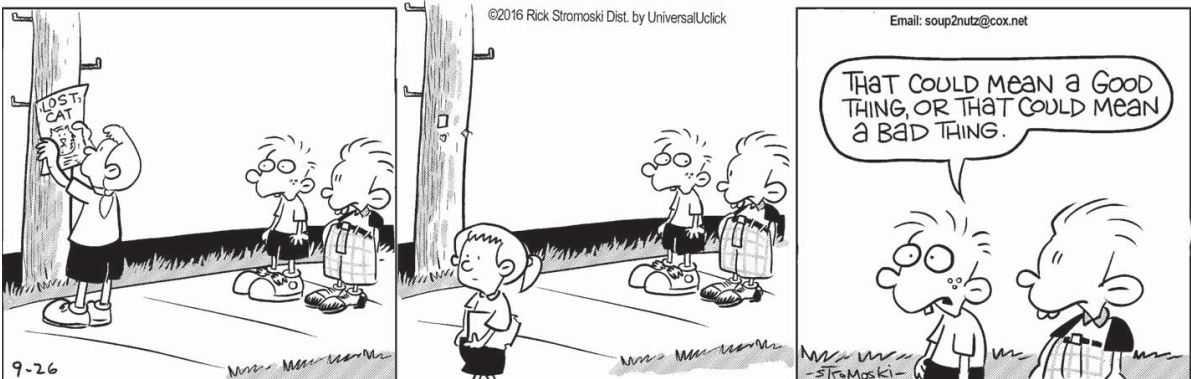
FRANK AND ERNEST



GRIZWELLS



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Sherbrooke Snow Shoe Club fall barbecue



The days are getting shorter, the nights noticeably cooler and there is a freshness in the air that is unmistakable. Yes, fall is upon us. The meteorologists may disagree, but everyone knows that once Labour Day has come and gone, and the yellow school buses crowd our roadways again, fall is here for all intents and purposes. It is a different mindset and it is undeniable!

Another harbinger of cooler climes is the annual fall barbecue convened at the Sherbrooke Snow Shoe Club. As it has for decades, the club hosted this annual gathering during the first part of September. This year, barbecue organizers, Ron Smith and Brian Heath, opted to hold the event on a Sunday rather than the more traditional choice of a Saturday.

The selection of Sunday the 11th appears to have been an appropriate choice as the weather was pleasant (following a night of thunder storms and high winds) with the turn out greater than last year. With so many events going on in September every year, it is almost impossible to choose a date that satisfies everyone. Conflicts are

inevitable. But the Sunday option was a welcome compromise enabling club members and friends of the club to attend other activities in the region the previous day.

Manning the grill was veteran club member Bill Lyon, assisted by Lawrie Sakamoto and his wife Mary. Don Parsons and others kept the food tables amply supplied with hamburgers, hot dogs and ears of corn, which were complimented with various salads and condiments. The food was tasty as the cooks were at times challenged to keep up with demand!

A favorite of both young and old, was the dessert offering of ice cream and homemade toppings, supplemented in turn with other extras such as crushed peanuts, candies and the like.

Many lined up for seconds, especially all the youngsters in attendance.

A special thanks goes out to Donna Smith and Pat Heath for preparing the salads and homemade ice cream toppings. Delicious as always!

Like most SSSC events, the fall barbecue was a team effort with many volunteers assisting with the preparation, management and cleanup. Everyone likes to pitch in and do their part. The barbecue was no exception, reflecting the family or collective approach to membership embraced by SSSC members.

Steve Moore
SSSC Secretary

True Mirth

Have you ever gazed across the waters of a vast ocean,
And asked in mind and heart how all this grandiose grandeur came to happen;
Did you feel very small in the midst, in the greatness of it all -
Such widespread expanse -
Did you not feel thankful to your God,
To be part of it, to applaud, to dance?

Did motions of the sea, the sounds of the waves, awake that high sense of just being;
As a privileged habitant of Earth.
Asking, enjoying, questioning...
Why am I here, what is my living worth, what is my living purpose:
Is it to create, is it to full purses,
Is it to teach love, to love God,
Is it to waste life finding other to laud?

The beauty seen through the eyes of man do not provide answers -
The true beauty is in the depths of his soul and heart; like the ills of cancers -
It is what is hidden, that is most precious, like the riches within Earth,
Likewise, man must dig deep, to seek right, to learn, to know, to understand, in God is his mirth!

G.L. Brown

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Laberee, Lachance, Lapointe,
Lowry, Luce, Route 210
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Difficulty: 2 (of 5)

	6			9				1
1	8		4		6	3		
		4	8					
	9	6		3				7
7	3		5					
2					1		9	
	1		9			7	5	
8							6	2
		7		5	8	9	3	

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PREVIOUS SOLUTION

1	9	7	2	5	3	8	6	4
5	4	3	6	8	7	1	9	2
8	6	2	9	1	4	7	3	5
9	8	4	3	6	2	5	1	7
2	5	6	8	7	1	9	4	3
3	7	1	5	4	9	6	2	8
7	2	5	4	9	6	3	8	1
6	3	8	1	2	5	4	7	9
4	1	9	7	3	8	2	5	6

HOW TO PLAY:

Each row, column and set of 3-by-3 boxes must contain the numbers 1 through 9 without repetition.

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Problematic mother of the groom

MONDAY, SEPTEMBER 26, 2016

Annie's Mailbox

Dear Annie: My fiancé, "Kyle," and I are supposed to get married in three weeks, and the venue — his mother's house — is falling through.

Kyle and I are on a budget and were engaged for a year trying to save up enough to even begin planning our wedding. Then Kyle's mother graciously offered to lend us her house for the event. It's a big old place with a lovely backyard. We thought it would be perfect.

We picked out food options (with my aunt and cousins as the catering team), took care of the DJ (we put together a massive playlist of all our favorite songs) and sent out invitations (which our graphic-designer friend made). It was shaping up to be our dream wedding, even on a modest budget — that is, until a week ago, when my soon-to-be mother-in-law went into meltdown mode.

She's stressing out majorly, saying it isn't fair for us to put so much pressure on her. The thing is, I'm not even sure what she's talking about. Kyle and my bridesmaids and I have taken care of all the big items on the to-do list. And we're really laid-back people, so even if something were to go wrong or be missing, we wouldn't get angry. We just want to get married.

Unfortunately, she's blown everything out of proportion and, just to make things worse, dug up old family drama. She and Kyle got into a huge argument about a week ago and haven't spoken since. What should we do? Postpone the wedding? Look for another venue? Sedate her? — Bride-to-Be or -Not-to-Be

Dear Bride: Put away the tranquilizers. With some luck, words will be enough to calm the mother of the

groom down.

Weddings can be a sensitive time for all involved, filled with excitement and nerves. Marriage is a huge milestone and signals major change. Kyle's mom is probably feeling a mix of competing emotions. She's happy that her son has found in you a life partner, but she's also probably dealing with the fact that she will no longer be the main woman in his life. She could be taking out her anxiety on something she can control — namely, the venue.

Be patient with her. The fact that she was so excited to lend you her house to begin with leads me to believe that she can be persuaded. You and your husband-to-be just need to assure her in every way possible that everything will be handled by the two of you; her only duty is to be there.

Dear Annie: As a newly single woman who has been staying in motels alone for the first time in my life, I have realized that I am completely ignorant about at least one subject. I have no idea how much tip you are supposed to leave for the maid. Some motels leave an envelope for this purpose. I usually end up leaving all the cash I have, but I don't know whether that is too much or that is too little. What is the right amount? — Uninformed

Dear Uninformed: The American Hotel & Lodging Association recommends tipping housekeepers \$1 to \$5 per night, leaving cash in a marked envelope or with a note. Visit the AHLA website for a handy gratuity guide, which includes suggested tips for shuttle drivers,

concierges and other hotel staff.

Dear Annie: My wife and I have been married for 50 years. Since we first were married, we have shared a love of dogs — in particular, a love of golden retrievers. We have always had at least two goldens in our house. We currently have a 1-year-old pup, named Tucker.

Our 12-year-old dog, Trixie, just passed away. Ten years ago, we would have picked up the phone and called the breeder immediately. But we are older now; my wife has arthritis in her hand, and we feel that two large dogs would be a lot to manage at our age.

The problem is with Tucker. He really misses having a companion. Since Trixie died, Tucker has been chewing furniture and barking incessantly for us to play with him. I don't think we can handle another big dog, but I know that Tucker needs company. What should we do? — Goldies

Dear Goldies: First off, I'm sorry for your loss. I'm sure Trixie is on the rainbow bridge with all of your other goldens. Animals grieve, too, and it sounds as if Tucker is going through that. One way to help him get over the loss of Trixie would be to get another dog, as dogs are pack animals and do better with companions. (They need not be of the same breed.)

Visit your local animal shelter, or look on Petfinder. Perhaps you could find a golden retriever mixed with a much smaller breed. That way, you would be doing two acts of kindness in one — saving a homeless dog's life and giving Tucker a new friend.

Send your questions for Annie Lane to dearannie@creators.com.

E-mail your social news to classad@sherbrookerecord.com

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